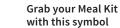


# Roast Pumpkin & Israeli Couscous Salad

with Hazelnuts & Plant-Based Basil Pesto Mayo

EXPLORER



















Israeli Couscous





Plant-Based



**Basil Pesto** 





Baby Spinach

Roasted Hazelnuts





Prep in: 15-25 mins Ready in: 30-40 mins



Calorie Smart<sup>^</sup>

^Custom Recipe is not Calorie Smart



Quick and easy, that's the best kind of dinner. Roast the pumpkin in our Aussie spice blend then whip up a fluffy couscous and have it ready to be gobbled down in no time at all. Top it off with a plant-based basil pesto mayo to ensure there won't be any crumbs left.

**Pantry items** Olive Oil, Balsamic Vinegar

#### Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

#### You will need

Two oven trays lined with baking paper  $\cdot$  Large saucepan  $\cdot$  Large frying pan

# Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
onion	1 (medium)	1 (large)
white turnip	1	2
peeled pumpkin pieces	1 packet (200g)	1 packet (400g)
Aussie spice blend	1 sachet	1 sachet
Israeli couscous	1 packet	2 packets
vegetable stock powder	1 medium sachet	1 large sachet
plant-based basil pesto	1 medium packet	1 large packet
plant-based mayo	1 medium packet	1 large packet
baby spinach leaves	1 small bag	1 medium bag
balsamic vinegar*	drizzle	drizzle
roasted hazelnuts	1 packet	2 packets
haloumi/ grill cheese**	1 packet	2 packets

<sup>\*</sup>Pantry Items \*\*Custom Recipe Ingredient

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2287kJ (547Cal)	677kJ (162Cal)
Protein (g)	14.3g	4.2g
Fat, total (g)	30.6g	9.1g
- saturated (g)	2.5g	0.7g
Carbohydrate (g)	52g	15.4g
- sugars (g)	11.2g	3.3g
Sodium (mg)	1180mg	349mg

#### **Custom Recipe**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3533kJ (844Cal)	826kJ (197Cal)
Protein (g)	36.2g	8.5g
Fat, total (g)	53.2g	12.4g
- saturated (g)	16.1g	3.8g
Carbohydrate (g)	54.2g	12.7g
- sugars (g)	13.4g	3.1g
Sodium (mg)	1900mg	444mg

The quantities provided above are averages only.

# **Allergens**

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

#### We're here to help!

Scan here if you have any questions or concerns





### Roast the veggies

- Preheat oven to 220°C/200°C fan-forced.
- Cut **onion** into thick wedges. Peel **white turnip**, then cut into small chunks.
- Place onion and turnip on a lined oven tray. Place peeled pumpkin pieces and Aussie spice blend on a second lined oven tray. Season both trays of veggies with salt and drizzle with olive oil.
- Toss to coat, spread out evenly, then roast the veggies until tender,
   25-30 minutes

**Custom Recipe:** If you've added haloumi to your meal, cut haloumi into 1cm-thick slices.



#### Make the basil pesto mayo

- In a small bowl, combine plant-based basil pesto and plant-based mayo.
   Set aside.
- To the saucepan with couscous, add baby spinach leaves, roasted onion and turnip and a drizzle of balsamic vinegar. Stir to combine. Season to taste.



#### Cook the couscous

- While the veggies are roasting, boil the kettle. In a large saucepan, heat a
  drizzle of olive oil over medium-high heat. Toast Israeli couscous, stirring
  occasionally, until golden, 1-2 minutes.
- Half-fill saucepan with boiling water, then add a pinch of salt. Bring to the boil, then simmer, uncovered, until tender, 10-12 minutes. Drain and return couscous to the pan.
- Add vegetable stock powder and a drizzle of olive oil. Stir to combine.

**Custom Recipe:** While the couscous is cooking, heat a large frying pan over medium-high heat with a drizzle of olive oil. Cook haloumi, until golden brown, 1-2 minutes each side. Set aside.



# Serve up

- Divide Israeli couscous salad between plates.
- Top with roasted pumpkin and plant-based basil pesto mayo.
- Sprinkle with **roasted hazelnuts** to serve. Enjoy!

**Custom Recipe:** Top couscous with haloumi.